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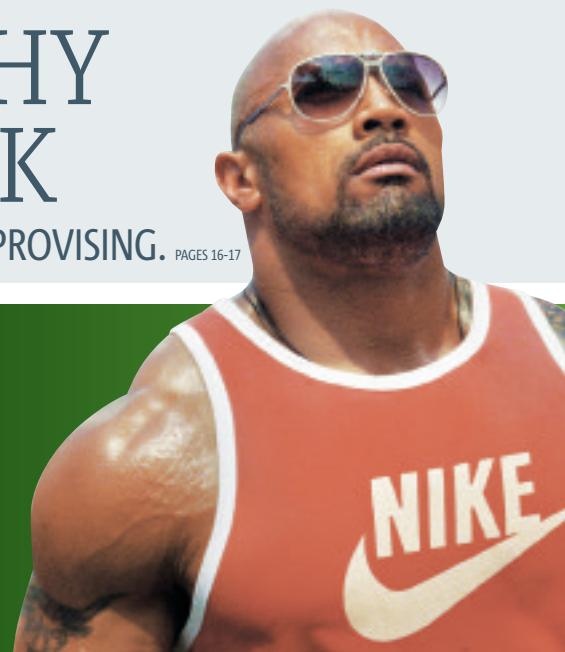
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# THERE'S A REASON WHY HE'S CALLED THE ROCK

MICHAEL BAY TALKS ABOUT DWAYNE JOHNSON'S HEROIC IMPROVISING. PAGES 16-17



# metro®

**NEW YORK** Wednesday, April 24, 2013  
www.metro.us | t: MetroNewYork | f: MetroNewYork

## Cancer rate higher in 9/11 responders

**Shocking findings.** First responders in the Sept. 11, 2001, terrorist attacks are 15 percent more likely to get cancer. **WTC aftermath.** The worst rates are among those who were trapped in the dust clouds following the attack. PAGE 02



#UndocumentedNYC reveals the stories of undocumented workers who live in New York City. Many of them were raised here. / DANIELLE TCHOLAKIAN, METRO

### Immigrants come out of the shadow in #UndocumentedNYC PAGE 02

### Williams willing to make changes

The Nets star has a lot on the line in Game 3. PAGE 31

### Babymaking is more than just, well ...

As it turns out, it's actually kind of a mental thing. PAGE 21

### Looking great in this 'Great Gatsby' line

A classic returns to the screen with new looks. PAGE 24



# 1

## NEWS

**Quoted**

"We urge anyone with exposure to the toxins at Ground Zero in the days, weeks and months after the attacks to register for the WTC Health Program and monitor their health status closely; early detection is key when fighting cancer."

REPS. CAROLYN MALONEY, JERROLD NADLER AND PETER KING IN JOINT STATEMENT

### In the news

## Kids say thanks for using MTA

The Metropolitan Transit Authority, the agency New Yorkers love to hate, is tugging your heart-strings with a series of adorable videos featuring children thanking you for riding mass transit. The wise young ones note your likely reasons for opting to ride with the masses, citing the time and money saved and traffic avoided.

# 9/11 responders more likely to have cancer

**Illness.** First responders at the Sept. 11 attacks face cancer rates 15 percent higher than the rest of the population.

The Mount Sinai Hospital's World Trade Center Health Program reported the findings yesterday in the Environmental Health Perspectives journal.

Researchers noticed cancers in places like the thyroid, prostate and blood. Rates were highest in responders who were "trapped in the dust cloud" or worked most days at the site.

Many 9/11 responders have developed cancers that doctors suspect are related to extended hours

breathing in toxins while cleaning up Ground Zero. According to the Patrolmen's Benevolent Association, about 65 officers have died of cancer since 9/11, and about 300 have been diagnosed.

The study included data from nearly 21,000 participants, finding a total of 575 cancers in 552 people.

Study co-author Dr. Philip Landrigan said for the first time, the study considers a link between several types of cancers in recovery workers and their levels of exposure to dust at the debris pile.

"Our findings strongly highlight the need for continued follow-up and medical surveillance of WTC responders," said Dr. Samara Solan, who also authored the study.



ALISON BOWEN  
alison.bowen@metro.us



A woman cries while examining the 9/11 memorial during 10th anniversary ceremonies. / METRO ARCHIVE

## #Undocumented and 'American'



#Undocumented NYC took place on Monday. / DANIELLE TCHOLAKIAN

Cesar Vargas remembers the first time he was conscious of being a New Yorker: when he traveled out of state and people asked him to say "water."

"I was like, 'water, why?'" he recounted, stretching out the "ah" in water. "And they said, 'We love your accent.'"

"I'm a New Yorker first," declared Vargas, whose mother brought

him to the United States from Mexico when he was 5.

Cesar Vargas spoke at an event called #UndocumentedNYC on Monday, led by an undocumented immigrant, Jose Vargas, a journalist who lives here but hails from the Philippines.

#UndocumentedNYC coincides with the 10th anniversary of Immigrant

Heritage Week.

Fatima Shama, who runs the Mayor's Office of Immigrant Affairs, described Immigrant Heritage Week as "a moment in our city where we do not forget who we are, where we celebrate time and again the richness of what has made us the best and the finest and the greatest city in the world." DANIELLE TCHOLAKIAN

### Gun death

## Teen shot dead in Bronx

A 17-year-old male was shot and killed in the Foxhurst section of the Bronx on Monday night.

Cops responded to the call at 1159 Fox St. around 10 p.m. Alfonso Bryant was found with a gunshot wound to his chest.

LAURA SHIN

### Forced off elevator

## Sexual assault in the Bronx

According to New York police, on April 12 around 5:30 a.m., a 31-year-old woman was riding the elevator in her building when a man forced her off and sexually assaulted her.

He fled with her cell phone.

ALISON BOWEN

### Election 2013

## Politicians in mayoral plot arraigned

City officials accused of trying to rig the mayoral race were arraigned. The accused include state Sen. Malcolm Smith and Councilman Dan Halloran. Halloran declared he was not guilty, according to the Post. ALISON BOWEN



Dan Halloran / GETTY IMAGES

### Williamsburg

## Jesus was the first hipster

Advertisements on the streets of Williamsburg describing Jesus as the "original hipster" are part of a new campaign by the Roman Catholic Diocese of Brooklyn to attract more young people to the church.

MARY ANN GEORGANTOPOULOS



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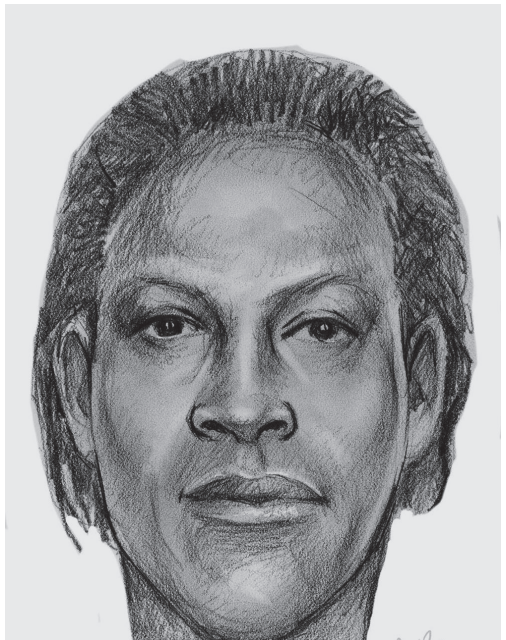
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Police have released this sketch of the unidentified victim.  
NYPD

## Body found inside burnt suitcase

### Gruesome discovery.

Cops find woman  
inside of suitcase in  
Bedford-Stuyvesant.

It's a grisly case of an unknown female that the New York Police Department are asking the public's help with.

Police are seeking information in trying to identify a woman whose remains were found inside a burnt suitcase in Brooklyn last month.

Cops made the gruesome discovery when they found the suitcase containing the remains on March 23 at 174 Hull St. in Bedford-Stuyvesant, Brooklyn. A fire had occurred at the same location nearly 10 months earlier on May 9, 2012, the New York Police

Department also reported.

The remains that were recovered have been determined to be those of a woman in her late teens to mid-20s, who is between 5-foot and 5-foot-6. Police have released an artist's sketch of the victim and are asking for the public's help if they have any information about who she might be.

Anyone with information is asked to call Crimestoppers at (800) 577-TIPS (8477).

The public can also submit their tips by logging on to the Crimestoppers website or by texting tips to CRIMES (274637), then entering TIP577. All calls to the police are confidential.

**LAURA  
SHIN**  
[letters@metro.us](mailto:letters@metro.us)

### Timeline of discovery

The unidentified woman's body was discovered on March 23 at 174 Hull St.

- A fire had occurred at the building in Bedford-Stuyvesant a little more than 10 months before.

- The woman was said to be in her late teens to mid-20s.

- She stood between somewhere between 5-foot and 5-foot-6-inches tall.





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**NAME :** Curtis Kulig **OCCUPATION :** Artist  
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**NAME :** Ricky **OCCUPATION :** Artist  
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**NAME :** Kitty **OCCUPATION :** Rapper  
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# City plans world's largest ice-skating rink in the Bronx

**Get your skate on.** The rink would host 5,000, as well as national and international hockey.

City officials announced that the Kingsbridge Armory in the Bronx will become the world's largest indoor ice facility.

The planned Kingsbridge National Ice Center will have nine indoor ice rinks that will be open year-round, Mayor Michael Bloomberg said.

It will also include a 5,000-seat rink for national and international hockey and skating.

"The Kingsbridge Armory will now have an



A rendering shows the Kingsbridge National Ice Center in the Bronx.  
OFFICE OF THE MAYOR

interior program befitting its iconic exterior architecture," Bloomberg said.

The city expects 2 million people to visit the rink each year.

Right now, the city hosts seven year-round ice rinks.

Added Rangers NHL

Hall of Famer Mark Messier, "As a New Yorker, I know it will also change this city, providing invaluable educational and athletic opportunity to thousands of young people."



**ALISON BOWEN**  
[alison.bowen@metro.us](mailto:alison.bowen@metro.us)

## Fighting sport

### Cuomo hints at mixed martial arts

Mixed martial arts fighters who have been hoping for years that the sport would finally become legal in New York state might have received a kind word from the governor.

Gov. Andrew Cuomo implied that the sport could be an economic boost to the state during a radio interview that took place yesterday, according to The New York Times.

He noted that many people around the state and country watch the popular sport.

"You're not going to stop it from happening," he said during the radio interview. "I'm interested in the potential economic potential for the state."

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▼ The Investigator



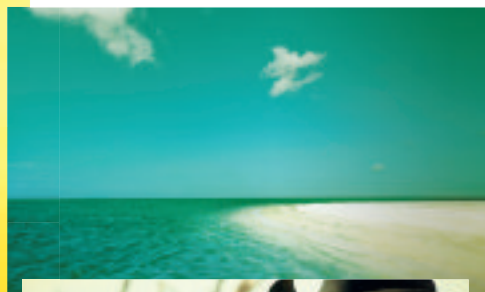
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## Prep school. Horace Mann sexual abuse victims speak out

A group of men who say they were sexually abused decades ago when they were students at the prestigious Horace Mann School spoke out for the first time Monday and demanded the school sponsor an independent investigation into the cases.

The men, now in their 40s and 50s, appeared at a news conference alongside their lawyer Gloria Allred, *The New York Times* reports.

In addition to asking the school to investigate how the teachers got away with abusing students, the men also called on the state to lift the statute of limitations that prevents victims to pursue criminal prosecutions of their abusers after they turn 23.

Speaking publicly about the abuse for the first time, the men detailed the experiences that they say still haunt them. Jon Seiger, 51, said the

### History of incidents

Many teachers who are accused of abusing children have since died.

- Allred represents 22 men and three women who say they were abused at the school.
- The school has offered monetary settlements to several of them, the *Times* reports.

headmaster of the school and a teacher forced him to drink alcohol and have sex with them.

A group of alumni recently hired former judge and sex-crimes prosecutor Leslie Crocker Snyder to investigate the sexual abuse cases.

LAURA SHIN  
letters@metro.us



## 100-millionth oyster slurped at Grand Central Oyster Bar's 100th b-day

Bronxville native Noel Mangan ate the 100-millionth oyster in the 100-year history of the Grand Central Oyster Bar recently. Mangan, pictured with executive chef Sandy Ingber, was the winner of a pearl necklace and earrings courtesy of Casale Jewelers of Staten Island. / BRYAN SMITH

### WTC Center

## Man plants gun in hotel

Police have identified the man who stashed a loaded handgun under a seat cushion at the World Center Hotel last week.

North Carolina man Bobby Jackson, 59, was caught on camera entering the hotel lobby around on Sunday, April 14.

According to a law enforcement source, cops tracked the .22-caliber handgun using its serial number and located the man.

Jackson was on the tour at the World Trade Center memorial and discovered that guns are not allowed in the memorial area. He opted to stow the gun in the hotel lobby.

He is being charged with criminal possession of a loaded firearm and reckless endangerment.

DANIELLE TCHOLAKIAN

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Tamerlan died after a shoot-out with police on Friday / FBI VIA GETTY IMAGES

# Boston bomb suspect's wife assisting probe

**Wife.** She was born in America, converted to Islam and is not a suspect.

The wife of the dead Boston Marathon bombing suspect is assisting authorities, and she is in absolute shock that her husband and brother-in-law were accused of the deadly blasts, her lawyer said yesterday.

The 19-year-old brother-in-law Dzhokhar Tsarnaev, who survived shoot-outs with police

and has been criminally charged, was upgraded to "fair" from "serious" condition yesterday at Beth Israel Deaconess Medical Center, the U.S. Attorney's Office in Boston said.

Tamerlan Tsarnaev, 26, was killed in a shoot-out with police last week as authorities hunted for him and his younger brother. The FBI had identified the brothers as suspects last Thursday, based on pictures and video taken at the scene of the bombing on the marathon finish line on April 15.

A lawyer for Katherine Russell, 24, said she was busy caring for their 2-and-a-half-year-old daughter and working as a home health-care aide in the time leading up the blasts that killed three people and wound more than 200.

"She is doing everything she can to assist with the investigation," the lawyer, Amato DeLuca, said outside his Providence, R.I., office. "The reports of involvement by her husband and brother-in-law came as an absolute shock to them all." **REUTERS**

## Crime scene. Boston's Boylston Street opens to residents, workers

Workers and residents returned yesterday to Boston's Boylston Street for the first time since last week's twin bombings at the Boston Marathon finish line.

Mayor Thomas Menino allowed those who live and work on Boylston Street in the city's Back Bay neighborhood to return with escorts. **REUTERS**



A woman at the scene of the first explosion on Boylston Street / GETTY IMAGES

### Investigation

#### Bombing suspect's condition upgraded to 'fair'

The suspect in last week's Boston Marathon bombing attack is now in "fair" condition at Beth Israel Deaconess Medical Center, an upgrade from his prior condition of "serious," the U.S. Attorney's Office in Boston said yesterday. **REUTERS**





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## Neutral. Washington state removes gender bias from its statutes

Washington state's governor signed into law this week the final piece of a six-year effort to rewrite state laws using gender-neutral vocabulary, replacing terms such as "fisherman" and "freshman" with "fisher" and "first-year student."

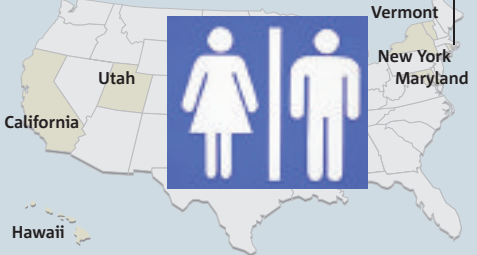
Lawmakers have passed a series of bills since 2007 to root out gender bias from Washington statutes, though

a 1983 state mandate required that all laws be written in gender-neutral terms unless a specification of gender was intended.

New gender-neutral references, for example, include "journey-level plumber" instead of "journeyman plumber," "handwriting" in place of "penmanship," and "signal operator" for "signalman." **REUTERS**

### Other states

Others states that passed gender-neutral constitutional mandates:



# Hackers seize AP Twitter feed, send fake message

**Bogus.** The AP's Twitter feed reported two explosions at the White House.

Hackers took control of the Associated Press' Twitter account on Tuesday and sent a false tweet of two explosions in the White House that briefly sent U.S. financial markets reeling.

AP spokesman Paul Colford quickly confirmed the tweet was "bogus," but within the minutes of the tweet hitting the Web, virtually all U.S. markets took a plunge on the false news in what one trader described as "pure chaos."

White House spokesman Jay Carney told reporters that President Barack Obama was fine soon after the tweet went out a little after 1 p.m.

Markets quickly recovered losses after the tweet

was knocked down. Some traders blamed automatic electronic trading for the sharp fall and bounce back.

At a time when cybersecurity and hacking have become top national security concerns, Twitter and its reach to hundreds of millions of users is coming under growing scrutiny for the risk of data breaches on the site.

A group calling itself the Syrian Electronic Army, which is supportive of that country's leader, President Bashar al-Assad, yesterday claimed responsibility on its own Twitter feed for the AP hack.

The group, which creates new Twitter accounts every time the company suspends its old ones, has recently also claimed credit for similar hacks of Twitter accounts for National Public Radio, BBC and CBS's "60 Minutes" program, among others. **REUTERS**



The AP's two Twitter accounts, @AP and @AP Mobile, were suspended shortly after the fake tweet. / GETTY IMAGES

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Pendants..... Up To....\$8,500	Pins..... Up To....\$6,500
Necklaces..... Up To....\$26,500	Rings..... Up To....\$8,500
Cocktails Rings..... Up To....\$15,500	Art Nouveau..... Up To....\$12,500
Charm Bracelets..... Up To....\$7,500	Lavalieres..... Up To....\$9,750
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## Driving Deep and Down the Middle Self-Correcting Golf Ball Straightens Hooks and Slices

By Leonard Finkel

I've seen and experienced the slice and hook-correcting benefits personally. The ability to hit the ball straight makes playing golf faster, less expensive and much more fun; fewer lost balls to replace, less time searching for wayward drives and above all, greater enjoyment and satisfaction that comes with shooting lower scores! That it is banned for PGA Tour play confirms it works. The ban is certainly understandable at the highest levels of the game, but for those who just want a more enjoyable round of golf, the Polara ball is the perfect solution.

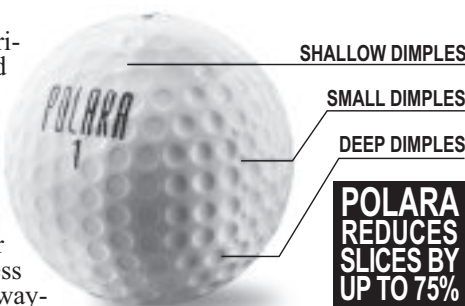
A revolutionary, asymmetrical dimple pattern is what reduces hooks and slices up to 75%. Shallow dimples are positioned around the ball's equator with deeper dimples at the poles. Anyone with a slice will undoubtedly experience the self-correcting effect. Golf Tips Magazine reported, "If you're a recreational golfer who tends to find the rough more than the fairway, your fast track to straighter shots has arrived. No, it's not a new training aid, oversized draw driver or magic swing tip. It's a golf ball that flies straight, even when you put a slice swing on it."

### Garnering National Acclaim

Bill Pennington (New York Times) wrote, "The design of the (Polara) ball corrects slices and hooks by 75 percent. When I took the ball to a New Jersey driving range, regular golfers and the occasional pro could not slice or hook the ball with any regularity." Polara balls are designed for the vast majority of recreational golfers, who want to take advantage of technology improvements; who want to have fun playing golf. "We're not trying to remove the skill from the game," said Polara's David Felker. "We're just trying to remove the frustration." Shooting lower scores makes playing golf more fun and far less frustrating.

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### Robotic Testing Validates Claims

During robotic testing where a significant slice was induced, on average, Polara balls reduced the slicing effect by 75% over traditional balls, including premium brands. Golf Labs director Gene Parente states, "We set up the Golf Labs robot to simulate a 90 foot slice based on launch conditions of an average golfer. With the nonconforming Polara Ultimate Straight golf ball we found that compared to several popular conforming golf balls, which all sliced about 90 feet, the Polara ball corrected up to 70 feet of the 90 foot slice."

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# Senate panel seeking answers on furloughs



**Cuts.** Air travelers experience delays at airports across the country.

Senate Commerce Committee leaders yesterday pressed the Obama administration for more information on how its plan to furlough air-traffic controllers and close contract towers would affect public safety and air operations, in the latest sign

lawmakers could pass legislation to overturn the decision.

"We are now faced with substantial possible disruptions to the air transportation system," Senate Commerce Committee Chairman Jay Rockefeller, a Democrat, and Sen. John Thune, the top Republican on the panel, said in a letter to Transportation Secretary Ray LaHood and Federal Aviation Administration Administrator Michael Huerta.

The FAA furloughs, which started Sunday, are intended to cut staffing by 10 percent to save \$200 million of \$637 million the agency needs to pare from its budget. Of 47,000 employees facing furloughs, which are expected to last through September, nearly 13,000 are air-traffic controllers.

The agency also plans to shut down 149 contract air-traffic control towers at smaller airports on June 15 to meet automatic spending cuts. **REUTERS**

### Out on bond

**Mississippi man in letter probe released from jail**

The Mississippi man charged with sending toxic letters to President Barack Obama and a U.S. senator has been released from jail, the U.S. Marshals Service said yesterday.

Paul Kevin Curtis, 45, was released on bond, Jeff Woodfin, chief deputy with the U.S. Marshals Service in Oxford, Miss., told Reuters.

His release came as court documents showed a hearing on his detention has been indefinitely postponed, but the charges against him had not been dropped. **REUTERS**

## Safety. NTSB seeks larger lesson in Boeing 787 lithium battery fire

The top U.S. transportation safety agency is looking beyond what caused a Boeing Dreamliner battery to fail in January at larger lessons that can be applied to the airplane certification process and new technologies.

A two-day hearing at the National Transportation Safety Board headquarters in Washington that began yesterday

delted into what Boeing and the Federal Aviation Administration knew about volatile lithium-ion batteries when they proposed them for use on the Dreamliner, and how they addressed the risks.

Boeing said it did not believe during design and testing that a fire could occur in the lithium-ion battery system that failed on the Dreamliner. **REUTERS**





## Terror plot. Canadian passenger train plot suspects in court

Two men charged with an alleged al Qaeda-backed plot to derail a Canadian passenger train made their first court appearances yesterday, and the lawyer for one said his client would fight the charges vigorously.

Raed Jaser of Toronto, 35, and Chiheb Esseghaier, 30, face charges that include conspiring "with each other to murder unknown persons for the benefit of, at the direction of, or in association with a terrorist group."

They were arrested on Monday in separate raids after what police said was an investigation that started in the middle of last year after a tip from a member of the Muslim community.

Officers detained Jaser at his home, a brick semi-detached house in a north Toronto neighborhood, and arrested Esseghaier at a McDonald's

restaurant in Montreal's main train station.

U.S. officials said that the suspects were believed to have worked on a plan involving blowing up a trestle on the Canadian side of the border as the Maple Leaf, Amtrak's daily connection between Toronto and New York, passed over it.

Jaser, dark and heavily bearded and wearing a black cap, arrived by police car at Toronto's Old City Hall courthouse. He was kept in custody after a brief hearing. Media were barred from giving details of Jaser's hearing under a publication ban requested by his lawyer.

"He denies the allegations and he will vigorously defend them," the lawyer, John Norris, said outside the court, describing Jaser as being in a state of "shock and disbelief." **REUTERS**



Canadian police said only that the plot involved a passenger train route in the Toronto area. They said that there had been no immediate threat to rail passengers or to the public. / FLICKR

### Quoted

**"No shred of evidence regarding those who've been arrested and stand accused has been provided."**

Iranian Foreign Minister spokesman Ramin Mehmanparast  
According to the Mehr news agency

### Marriage for all

## French parliament approves gay marriage law

France became the 14th country to allow same-sex marriage on Tuesday after parliament approved a new law championed by President Francois Hollande, but it came at a political price amid

violent street protests and a rise in homophobic attacks.

Hollande's "marriage for all" law is one of the biggest social reforms in France since his left-wing mentor and predecessor Francois Mitterrand abolished the death penalty in 1981, a move which also split opinion.

**REUTERS**

### Pakistan police

## Explosives found near Musharraf house

Pakistani police said yesterday they had defused 110 pounds of explosives hidden in a car wired with remote-controlled detonators near the fortified farmhouse where former presi-

dent Pervez Musharraf remains under house arrest.

The discovery added a new sub-plot to the saga of Musharraf's deepening legal woes, which have transfixed Pakistanis unaccustomed to the sight of a once all-powerful military ruler submitting to the will of judges.

**REUTERS**

## A closer look at skin cancer

Free Lecture: Recent Trends in Skin Cancer Detection and Treatment

Presented by NYU Cancer Institute, an NCI-designated Cancer Center

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Associate Professor  
Department of Surgery

Elizabeth K. Hale, MD  
Clinical Associate Professor  
The Ronald O. Perleman Department of Dermatology

Anna C. Pavlick, DO  
Associate Professor  
The Ronald O. Perleman Department of Dermatology  
Division of Hematology and Medical Oncology  
NYU Cancer Institute

**Survivor Story Moderator:** Deborah Koeppel, LCSW  
Senior Social Worker  
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# 2

## CULTURE



### Twitter feed

We're checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Craig Ferguson is learning all of California's dirty secrets and Ewan McGregor has spent a bit too much time out in nature.

@CraigyFerg: The grass is greener in LA cause we paint it.

@mcgregor\_ewan: I'm so happy to be in a city. Melbourne I think I love you.

## 1 Won't someone love Ryan Lochte?

Ryan Lochte is having a hard time finding love. "I haven't been in a relationship in a year," the Olympian and star of the new reality TV show "What Would Ryan Lochte Do?" says in the new issue of *In Touch*. "Every time I date someone, I end up getting hurt."

The problem, it seems, is that he doesn't know if women are after him or his public persona. "I don't know if they're just after my fame and money or if they like me for who I really am."

But if he could find someone he really does



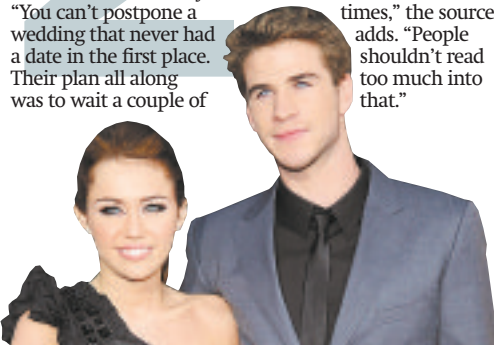
like, what does he like? "A girl that's fun, classy and sweet who I can have a conversation with," Lochte says. "If she can make me smile and laugh, I'm sold!"

My advice for his next potential love interest? Pretend to take his nose. He would be so enamored.

## 2 Cyrus and Hemsworth: Still together

Despite indications of trouble between Miley Cyrus and Liam Hemsworth, the pair are "still engaged," according to *E!* News. "They live together. The wedding is not off," a source says. "You can't postpone a wedding that never had a date in the first place. Their plan all along was to wait a couple of

years before even thinking about a date." As for the eyebrows Cyrus has raised by stepping out multiple times without her engagement ring? "She just doesn't wear it sometimes," the source adds. "People shouldn't read too much into that."



# THE WORD

Dorothy Robinson's take on the world of gossip

DOROTHY ROBINSON

@dorothyatmetro  
dorothy.robinson@metro.us



## Bieber's monkey will stay in Germany

If you have been worrying about Justin Bieber's monkey (that is not a euphemism; dude has a baby pet monkey that was quarantined by German authorities last month because he didn't have the correct paperwork), it seems like the pet, Mally, will stay in Germany. According to a German paper, Bieber's people have reached out to see if Germany can keep it.

Mally is currently in a Munich animal sanctuary. Animal shelter boss Karl Heinz Joachim described the situation as "heart-breaking," saying, "A baby monkey is not suitable on a world tour, even if he is traveling by private jet."

Let's be honest: Germany is probably a better option for Mally than being around Bieber.

## Perry can touch the 'D' word

Katy Perry is getting more and more comfortable talking about her divorce from Russell Brand, even challenging a Hollywood Reporter staffer's classification of it as an "elephant in the room" as far as conversations go. "It's a very tiny elephant," she says. "It's like a little tchotchke now. The big D — you can say it." Brand filed for divorce from Perry in December 2011 after 14 months of marriage.



## Royal baby bump watch

Wearing a pretty, multicolored dress, Catherine, Duchess of Cambridge, showed off her growing baby bump at a visit The Willows Primary School, Wythenshawe, to launch a new school counseling program yesterday in Manchester, England.

GETTY IMAGES



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# Michael Bay says his new film isn't a 'cookie-cutter movie'

**Feature.** The blockbuster director goes darkly comic for "Pain & Gain," a true tale of murder and mayhem in Miami starring Mark Wahlberg.

Halfway through his latest film, director Michael Bay deems it necessary to remind "Pain & Gain" audiences that what they're watching is based on a true story. The intertitle comes as the story descends into the surreal — Dwayne Johnson grills human hands, Mark Wahlberg hacks up a body in Calvin Klein underwear, and Anthony Mackie tangles a chainsaw in human hair as he tries to decapitate a corpse.

Aside from a few creative liberties, everything in "Pain & Gain" did happen in Miami in the mid-'90s, when a couple of bumbling bodybuilders came up with a get-rich-quick scheme that involved kidnapping, extortion and eventually murder. The real-life criminals — Daniel Lugo and Noel Doorbal — now



Anthony Mackie, Dwayne Johnson and Mark Wahlberg star in the true-crime story "Pain & Gain." / PARAMOUNT

## Quoted

"I want people to be conflicted [when they see this film]. I want to show a lot of the grey areas."

Michael Bay, director of "Pain & Gain," on moviegoers' reaction to his film

sit on Florida's death row.

Bay pulled the story from a three-part crime series by Pete Collins that was published in the Miami New Times in 1999. The series outlines the missteps Lugo and Doorbal took, from trying to

return a bloodied chainsaw to Home Depot to failing to ensure one of their intended victims was actually dead — after they blew him up in a car and then ran him over twice.

It's hard to deny the story is darkly funny,

something seemingly pulled out of the brain of Quentin Tarantino, with torture scenes in warehouses filled with sex toys. But the fact that it's been turned into a crime comedy doesn't sit well with some people — in-



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## Baby got back?

## Dwayne Johnson's slap

There's a scene in the sex-toy-filled warehouse where Dwayne Johnson's character is left alone with an anatomically correct female posterior. During shooting, Bay shouted out

for him to "touch it," so he did — and it jiggled. "I thought, 'Oh, that's funny,'" says Bay. Playing into the moment, Bay shouted another order. "Slap it," he told Johnson. As audiences will see in the film, in Bay's words, "He just killed it."

cluding one of the victims, Marc Schiller, who last week told the Huffington Post he was "appalled" at the film.

But Bay was expecting mixed reactions to the movie. "I want people to be conflicted [when they see this film]," he says. "I want to show a lot of grey areas. When you return a chainsaw that you're trying to cut a body up with, with hair in it, to Home Depot, to get a bigger chainsaw, you don't think that's kind of funny? It's not your cookie-cutter movie."

It's smart storytelling, according to Johnson, who plays a character that was a composite of two real men who played

lesser roles in the crimes. "In the beginning you want to go on the journey with these guys — they're kind of likeable — but at the end, all that gets thrown out the window and you're happy and satisfied that they get punished," he says.

Bay hopes the movie shows crimes from the perspective of the criminal. "[Criminals] sometimes think they're not doing something morally bad, or they think they deserve [what they're stealing]. You really go into a criminal's mind [with this movie]."

LIZ BROWN  
letters@metro.us



## Film. New 'Star Trek' boldly voyages Down Under for premiere

Hundreds of fans screamed and waved as the cast of "Star Trek: Into Darkness" beamed into Sydney yesterday with the crew of the Starship Enterprise returning to space in the world premiere of

one of the season's most anticipated movies.

Fans swarmed the red carpet in central Sydney for a glimpse of Chris Pine and co-star Zachary Quinto, who play Captain James T. Kirk and Mr. Spock, respectively, in

the sequel to J.J. Abrams' highly acclaimed reboot of the famous franchise.

"It's a lot of fun. I love Kirk," said Pine, reprising his role as the suave captain in the film, which is due for worldwide release on May 17.

"Kirk's a man of passion who's ruled by his heart. He'll go from crying to laughing to yelling to loving, and I just love his passion."

"Into Darkness" follows the crew of the

Enterprise as they return to an Earth left in chaos, with Kirk, Spock and the rest of the crew, including Zoe Saldana as Nyota Uhura, setting out to capture those responsible.

The classic sci-fi drama, which began almost half a century ago, has spawned six television series and 11 blockbuster films that have racked up more than a \$1 billion, according to the website Box Office Mojo. **REUTERS**

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You know the old saying, "I would watch that man conduct the phone book"? Well, maybe we're paraphrasing slightly, but it applies to Steven Reineke, music director of the New York Pops and principal pops conductor for both the Toronto Symphony Orchestra in Canada and the National Symphony Orchestra in Washington, D.C. Reineke, who is also a composer, is most widely known for his passion onstage as he brings to life a variety of popular scores. You can see Reineke make musical magic at Carnegie Hall on April 29 at 7 p.m. The Pops' 30th birthday gala — honoring Frank Loesser, Jule Styne and Danny Kaye — closes out the 2012-13 season ([www.newyorkpops.org](http://www.newyorkpops.org)).



# STEVEN REINEKE

We caught up with the charismatic conductor earlier this month to chat about what audiences want, the magic of Stephen Schwartz and career advice.

## A PERSONALITY THAT REALLY POPS

MICHAEL TAMMARO

**Do you believe that there's a disconnect between today's younger audiences and formal musical performances?**  
It's certainly my mission to welcome a younger demographic into the concert hall, and we're seeing evidence that that's happening. We definitely have subscribers in an older age bracket who have been

around supporting the orchestra for the last 30 years. The programming we're doing — [like] a Stephen Schwartz concert — will attract a lot of people. But when we even do Rodgers and Hammerstein or Lerner and Loewe, I pair that with some of the great young talent that's out there today. And that brings in a lot of younger audience members. ... I

like to do something for everybody.

**When you were young, were you already into musical theater?**

I was always into all kinds of music from a very early age. I started to play music when I was 10. Musical theater really hit me early in high school, but there are so many types of music that I love.

**Like Stephen Schwartz?**

Oh yeah, I was a big fan of Stephen Schwartz. I knew "Godspell" early on, because that musical was very popular. In college, I was a trumpet major and I played trumpet in the pit orchestra of our college production of "Pippin." I remember how much I just fell in love with that musical. That's always been one of my all-time

favorites, so I said, "Who is Stephen Schwartz?" I really wanted to know everything about him and everything he wrote.

**Have you seen the revival of "Pippin" on Broadway?**

Yes, I went to see the new "Pippin" a couple weeks ago. I really loved this new production of it.

**Do you have advice for**

**youngsters who want to get into your field?**

Pick another job. [Laughs] No, not really. The best advice for being in the arts in general is perseverance. We all get shot down a lot.

**Anything else?**

I'm ready for a cocktail.



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The new show "I Was Murdered" presents homicide cases narrated (sort of) by the victim. / INVESTIGATION DISCOVERY

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**REALITY**
**'My Crazy Obsession'**

Tonight's episode explores a deep-seated obsession with condiments. DVR it, and ketchup later.

10 P.M., TLC

**REALITY**
**'American Idol'**

Tune in to see the finalists compete, and also to see who might star in off-Broadway shows next year.

8 P.M., FOX

**REALITY**
**'World's Weirdest'**

Tonight, catch animals behaving badly. Please,

let a hippo toss a martini in a giraffe's face.

9 P.M., NAT GEO WILD

**REALITY**
**'True Life'**

Watch as many shows like this as you can, just in case TV execs run out of weird people.

11 P.M., MTV  
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TECHNOLOGY 20

# Netflix is now bigger than ever

**Tech.** Three million new subscribers flocked to Netflix Instant.

Netflix added three million subscribers to its streaming video service in the first quarter, bringing the total number to 36 million viewers, the company reported on Monday. Those viewers streamed four billion hours of programming during the quarter.

The increase prompted a surge in afterhours trading for the stock, which broke \$200 for the first time since 2011. Revenues for the quarter also broke \$1 billion in revenues and reported earnings per share of \$0.32 — higher than analysts had predicted.

In a letter to shareholders, CEO Reed Hastings and CFO David Wells credited the original series "House of Cards" with giving Netflix some social media buzz.



The online streaming giant just got bigger. / MASHABLE

**By the numbers**

**36M**

Total number of Netflix viewers, according to the company

"The global viewing and high level of engagement with the show increased our confidence in our ability to pick shows Netflix members will embrace and to pick partners skilled at delivering a great series," they wrote. "The high level of viewer satisfaction implies we are able to target

the right audience without the benefit of existing broadcast or cable viewing data and the strong viewing across all our markets gives us faith in our ability to create global content brands in a cost-effective, efficient way." Fewer than 8,000 people took advantage of a free trial to watch the show and then cancel, according to the letter.

Several more original series are planned for streaming, including "Arrested Development" and "Derek," which it describes "as a 'heartfelt, funny look at life in a senior center from Ricky Gervais.'" The company, which added one million new streaming subscribers in markets outside the U.S., plans to announce expansion into a yet-un-named European market during its call with analysts Monday afternoon.

**TODD WASSERMAN FOR**

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# Before IVF, try these babymaking tricks

**Fertility.** Your mind-set might make the difference.

If you're having trouble conceiving, you're not alone — approximately 6.1 million women in the U.S., or 10 percent of the population — struggle with infertility, according to the CDC. National Infertility Awareness Week (Apr. 21-27) seeks to raise awareness of this issue with events across the country like seminars, fertility consultations, walks and support groups. Women's health expert Dr. Donnica L. Moore, a spokesperson for the Clearblue ovulation test, says that some problems



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in conceiving can be avoided. She gave us her preconception checklist:

**Be patient.** "Women erroneously think that once

they stop taking birth control, voila! They will become pregnant. It can happen, but generally the hormones have to settle down."

## Mark your calendar.

"There are four or five days when a woman is most likely to conceive. The time of ovulation and a few days before it when couples need to plan to have intercourse. That's where Clearblue come in. It checks the LH surge [a rise in luteinizing hormone, which happens right before ovulation starts]."

**Enjoy sex.** "Procreational sex is very different from recreational sex and it puts a lot of stress on couples. That stress makes you less likely to want to have sex, and it becomes a vicious cycle."

LINDA CLARKE  
letters@metro.us

## What to eat for a baby

"A healthy diet is critical to women seeking to conceive as well as those who are pregnant or breastfeeding," says Dr. Victoria Maizes, author of "Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child." She recommends the following:

- **Fill up on fish.** "Fish are an important part of a healthy diet during preconception and pregnancy," she says. "Fish not only contain high-quality protein, they're the best source of omega-3 fatty acids. Wild salmon, sardines and herring are the richest dietary sources. Due to mercury contamination, avoid shark, swordfish, tilefish and king mackerel completely, and limit albacore tuna to once a week."
- **Opt for organic.** "The pesticide residues in conventionally grown vegetables, fruits and meat can distort normal hormonal function and increase the risk that your child could suffer from learning disabilities and childhood cancers."
- **Minimize meat.** "A nurses' study [showed] vegetable protein reduces infertility and animal protein increases it. Adding one serving per day of red meat, chicken or turkey increased the risk of ovulatory infertility by nearly one-third. Fish or eggs did not alter the risk."
- **Ditch low-fat dairy — really!** "Drinking or eating whole-fat dairy products is associated with a lower risk of infertility. This may be due to the way the hormonal balance shifts when we remove milk fat to make low-fat or nonfat milk products."
- **Ponder packaging.** "Filter water and use glass or stainless steel containers rather than plastic bottles that are produced with BPA and phthalates — both are endocrine [hormone] disruptors. The liners of most cans contain BPA. Avoid using plastics as food containers; switch to ceramic or glass containers for microwaving and storing food."

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# 5 HEALING FOODS TO HELP COMBAT YOUR NEXT MIGRAINE

If you suffer from migraines, you don't need me to tell you that they're downright lousy. While there's no magical food cure for an aching head, there are foods rich in certain ingredients that have been shown to reduce the intensity, duration and frequency. Here are a few superstars to know about.

## Ginger tea

Ginger can help prevent migraines and may even help relieve pain after you've been hit with one. You can buy one of the mainstream brands that make ginger tea, or you can easily prepare your own homemade version by cutting fresh ginger into thin strips and boiling

### Joy's Healthy Bite

## JOY BAUER

WWW.JOYBAUER.COM

Health and wellness expert for the "Today" show and New York Times best-selling author



with water for about five minutes. And with warmer weather right around the corner, try pouring your tea over some ice for a cool, refreshing version. Bonus: The water helps to keep you hydrated, which is incredibly important since dehydration is a common migraine trigger.

## Quinoa

This tasty ancient grain can help combat migraines because it's a terrific source of magnesium, and research shows that a diet high in magnesium can help prevent all kinds of migraines — particularly menstrual migraines. Although it's tricky to pronounce (it's keen-wah), quinoa is super simple to

## Eggs, spinach, and mushrooms

These three powerhouses are excellent sources of riboflavin (also called vitamin B2). This vitamin is necessary for the body's production of energy at the cellular level and some research suggests that people with migraines may have a genetic defect that makes it difficult for their cells to maintain energy reserves. Prepare a two-egg omelet with a half-cup each of cooked spinach and mushrooms, and you're ingesting two-thirds of



An omelet can curb that brutal headache.

GETTY IMAGES/DORLING KINDERSLEY

your daily requirement for riboflavin. Easy and delish!

— For smart health information, follow Joy on Twitter (@joybauer),

Facebook (facebook.com/joybauer) and Pinterest (pinterest.com/joybauerhealth). And visit her website, www.joybauer.com!

### If you're still hurting

The New York Migraine Center — the nation's first 24-hour migraine surgical center — opened on Friday at 1111 Park Ave. Call 646-678-3676 to set up an appointment.




Make a mug of migraine-fighting tea by adding ginger to boiling water.

GETTY IMAGES

make. Just boil it in water or low-sodium broth for about 20 minutes and season it with your favorite herbs and spices. Enjoy it plain, turn it into a pilaf with chopped carrots or eat it as hot cereal (like

oatmeal). In the Bauer house we make "Breakfast Quinoa Parfaits" with cold dinner leftovers. Just top cooked quinoa with a dollop of Greek yogurt, some toasted sunflower seeds and chopped fruit. Yum!




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**Weight Watchers  
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We imagine Jennifer Hudson heating this up after a hard day's work. The new dish is 230 calories, with a sodium count that doesn't break the nutritional bank (always good for frozen entrees). Pair yours with a side salad for an even more filling, veggie-loaded meal. **\$2.69, Wal-Mart**

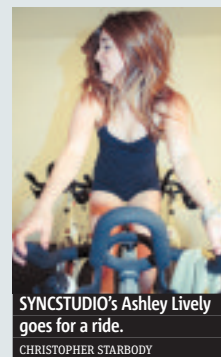
## Luna Carrot Cake

That slice of carrot cake you love? It's got 26 grams of fat. LUNA's newest offering? A measly 6. Get the calcium, iron, folic acid and vitamin D that the dessert lacks in this new snack, which also packs 8 grams of fiber.

**\$1.39, available in Target now and grocery stores in May / METRO**



## Health notes



**SYNCSTUDIO's Ashley Lively goes for a ride.**

CHRISTOPHER STARBODY

## Now open

Spinning comes to Williamsburg via the new **SYNCSTUDIO** ([www.syncstudio.net](http://www.syncstudio.net)), which opened last week. Head downstairs to the BASSment for a hip-hop-filled class that'll have you standing up on your bike the whole time. The studio also has a yoga room, and classes are taught at all levels. The best part: The space's opening promo is two weeks of unlimited classes for

\$35 (which, we hate to say, is about the cost of one SoulCycle or FlyWheel class).

## Get involved

Sunday's **Walk MS** seeks to create a world free of multiple sclerosis. Join walkers for a three-mile or six-mile walk at 9:30 a.m. at the South Street Seaport. Visit [www.nationalmssociety.org](http://www.nationalmssociety.org) for more info.

## Donate your calories

It's easy: Download Zumba's new **Great Calorie Drive** app, take a Zumba class and the calories you burn — about 750 per class — will be "donated" to Feeding America and the World Food Programme. They're hoping to "raise" 2.6 billion calories — the equivalent of 3.5 million meals. **MEREDITH ENGEL**

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(actual client photos)

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## Did your shorts and tank tops shrink again this year?

Check out HealthBytes, a new blog, for exercise and nutrition tips to help you get your summer body back.



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# Sneak peek: New Brooks Brothers 'Great Gatsby' line

**Preview.** Brooks Brothers takes the menswear it provided for "The Great Gatsby" movie to the store.

It isn't a fashion film if it doesn't have a clothing line attached to it. The long-awaited blockbuster "The Great Gatsby," starring costumes by Miuccia Prada and Brooks Brothers, will arrive with a corresponding menswear line that's already in stores.

Yup, that means you can get a hold of Leonardo DiCaprio's '20s-style tailoring from the film. The limited-edition collection is inspired by the suits Brooks Brothers created for the film.

"Brooks Brothers is mentioned numerous times in Fitzgerald's writings as a representation of the ultimate gentleman's purveyor of fine clothing to the American man of distinction," says Catherine Martin, the costume designer behind the film's 500-strong wardrobe.

"The Great Gatsby" collection includes suiting,

shirts, ties, waist coats and formal wear. It's an interpretation of the film's looks, rather than a stitch-for-stitch reproduction.

The '20s were about champagne-fueled, hedonistic razzle-dazzle, and these clothes capture that. Take, for instance, the white tailored suit and two-tone brogues pictured at right. It's quite a look. In our opinion, the wearability of the bottle-green cardigan is likely to make it the biggest seller.



**RICHARD PECKETT**  
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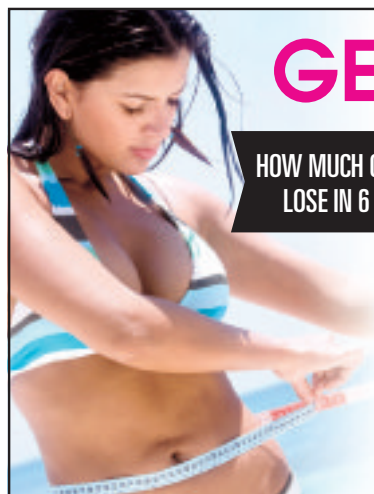
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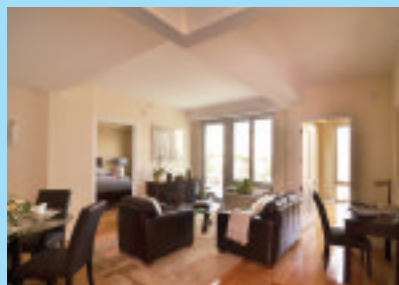
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The 1 BRs start at \$2,000. \*For move ins before April 30, 2013.



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The most expensive unit this week is a \$33 million condo at 400 Fifth Ave. This three-bedroom, three-and-a-half-bath duplex offers top-of-line fixtures and amenities, plus floor-to-ceiling windows and views of the Chrysler Building and New York Public Library.



Cheapest

**\$175K**

The least expensive property to hit the market this week is a \$175,000 co-op in Central Harlem. Located on 1867 ACP Boulevard, and W 113th Street, this one-bedroom, one-bath unit is a classic starter with proximity to transportation.

Streeteasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.





# Greenpoint's 'Girls' effect

**Real Estate.** An uptick in the economy, plus the hit show, leads to more activity for the Brooklyn nabe.

Greenpoint has received a lot of attention lately for its role as the setting of the HBO megahit "Girls." That exposure, brokers say, has boosted the neighborhood's rental market. "We get more and more calls there for rentals every day," said David Behin of the brokerage MNS.

And while the 20-something crowd at Grumpy's Cafe — the Meserole Av-

enue hangout featured on the show — probably can't afford to buy real estate, the Greenpoint residential sales market is also seeing an uptick.

Sometimes referred to as "Little Poland" due to its large population of Polish immigrants, Greenpoint's housing stock is composed mostly of low-rise brownstones and attached single-family houses. The area has virtually no co-ops, noted Jonathan Miller, CEO of appraisal firm Miller Samuel.

Along with Williamsburg, the Greenpoint waterfront was rezoned in 2005 from industrial to mixed-use, but the downturn halted much of the planned residential devel-

opment there. Now that the economy is improving, however, a slew of new residential buildings are popping up, including two massive rental projects: Park Tower Group's 5,000-unit Greenpoint Landing and a 210-unit project by the Domain Companies. The two are the first large-scale residential projects in Greenpoint since the rezoning.

The neighborhood also has nearly a dozen boutique condo buildings on the market or in the works. And the units in those projects are selling quickly amid high demand and low inventory, said David Maundrell, president of the brokerage Aptsandlofts.com.

Prices are on the rise, too.

The average price per square foot for a Greenpoint condo was \$739 in the fourth quarter of 2012, jumping 22.2 percent from \$605 per square foot in the same quarter of 2011, according to data from Miller Samuel. The average condo sales price, meanwhile, grew slightly to \$610,048 in the fourth quarter, up from \$601,070 in the same period of the previous year.

Meanwhile, rents in existing buildings are skyrocketing, brokers said.

Bram Lefevere, vice president with brokerage Miron Properties, estimated that Greenpoint rents increased by more than 30 percent in 2012, and



Matthew Schwartz and Chris Papamichael of Domain Companies are planning a 210-unit development at 1133 Manhattan Ave. / THE REAL DEAL

## Quoted

**"A decent two-bedroom two years ago rented for \$1,900. Last year, it went up to \$2,400, and this year it's going to be \$2,800."**

Bram Lefevere  
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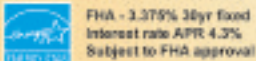


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## Where to look

## Residential developments coming up in the area

**1** 1133 Manhattan Ave.  
Developer: The Domain Companies  
Units: 210 rentals  
Status: Opening August 2014

**2** Greenpoint Landing  
Developer: Park Tower Group  
Units: 5,000 rentals  
Status: Groundbreaking early 2014

**3** 48 Box St.  
Developer: HM Ventures Group LLC  
Units: 6 condos  
Status: All units in contract, closings to start soon

**4** 145 McGuinness Blvd.  
Developer: Pillar Pro  
Units: 10 condos  
Status: Sales launch this month

**5** 287-299 McGuinness Blvd.  
Developer: Chaim Lefkowitz  
Units: 40 condos  
Status: Opening summer 2013

**6** 141 Dupont St. and 98 Clay St.  
Developer: Chaim Lefkowitz  
Units: 8 condos each  
Status: Opening summer 2013

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

**THE REAL DEAL**

said he expects a similar increase in 2013.

"A decent two-bedroom two years ago rented for \$1,900," Lefevre said. "Last year, it went up to \$2,400, and this year it's going to be \$2,800."

Still, Greenpoint's lack

of subway access will likely limit price growth.

It currently takes two subways or a ferry to get to Manhattan, and many area residents walk over the Pulaski Bridge to Long Island City to catch the 7 subway line, Behn said.

The city is looking into adding stops to the G line, but for now, "Greenpoint is getting rents of \$45 to \$50 a foot, and I think landlords would get 20 to 25 percent more if you had better transportation," Behn said. **CLAIRE WILSON**

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# Living Pretty

**Design.** Style Me Pretty (our favorite site for wedding inspirations) recently launched a lifestyle blog.

New brides in wedding withdrawal might feel nuts still checking Style Me Pretty, but rest assured: The wedding website doesn't want to part ways either. "For a year it's become a habit of our readers to come to Style Me Pretty and have their coffee with us, and we want them to stay," says founder Abby Larson. To keep us coming back, she's applied the same sunny tone, gorgeous aesthetic and charming details that got us hooked to SMP in the first place to life's next stages in Style Me Pretty Living, a site filled with decor, entertaining and DIY ideas.

Here, Larson shares her tips for throwing a party and decorating a home worthy of our new everyday read.



**TINA CHADHA**  
tina.chadha@metro.us



Warning: This post on SMP Living will make you want a pink couch.  
COURTNEY APPLE



Blogger Caitlin Wilson opens her door to [www.stylemepretty.com/living](http://www.stylemepretty.com/living).  
BRYCE COVEY

## Q&A



**Abby Larson**  
ERIC LAURITS

**Do you feel the natural next step for young brides is to focus on the home?**

"I do. That's the experience with myself and my friends. Something happens when you get married you ditch the rental, and you start using the china that you bought on your registry and you want dinner parties and date nights. You want a slightly elevated entertaining experience. So the goal is to make this space where readers are encouraged to be silly and have fun with their designing and entertaining."

## Larson's entertaining tips

### It's OK to get some help

"Not everyone has the money to hire service providers, but there are always details that you can get help with that will really take away some of the stress, whether it's getting a florist to design your centerpiece, hiring a bartender for a cocktail party or buying a pre-roasted chicken and making the side dishes for a dinner party. It's this balance of what you can

do so it still feels like you built this day. But you're not so stressed that you can't enjoy."

### Plan an 'experience'

"Did you give them a great cocktail to start off with? Is there beautiful music playing the background? Is there a sense of ease and laughter that permeates through every minute of your party? It's really planning for that whole

experience that creates successful events."

### Have a fun backup game at the ready

"We love a question game. For a recent dinner party I held, we had thoughtful and sentimental questions and funny and stupid questions all mixed up in a bowl. Questions like, 'If you had a yacht, what would you name it?' People just draw the

### Flowers to the rescue

"A floral centerpiece can be really easy and beautiful if you just stick with monochromatic hues. I think floral foam is the most-needed home keeper item. If you get a chunk of it and a dark vase, you'll be surprised at what you can do yourself. And a centerpiece will always make your home look gorgeous."

questions and it really gets the conversation going. We all spent the whole time laughing and crying and having a great time."

### Signature cocktails: Not just for weddings

"I'm a huge fan of a signature cocktail because it just makes everything — from the moment the guest walks in the door — so easy and so branded."

**EASY WAY TO MAKE YOUR GUEST SMILE, TRY GLITTER AND PEONIES.**



SMP

## Her home decor tip:

Layer with really

timeless pieces

*"Say you can only afford CB2, Target and West Elm, which have pieces that are cute and on-trend and will make for a great foundation. But then go to a flea market and layer on beautiful textiles, great rugs, old books and moments that will add a sense of timelessness to the foundation. You'll have a much more cohesive design."*

Larson



# Doing it yourself, one room at a time



Repurpose old jars to brighten up your bathroom. / CREATAS IMAGES

**Decor.** Give your home a fresh look with these easy DIY fixes.

Pretend you're walking into your home for the first time. Chances are, once you take that mental step back, you'll notice cluttered spots and outdated decor that could use freshening up. Rather than overwhelm yourself with a whole house overhaul, start making small, easy changes one room at a time. You won't spread yourself — or your wallet — too thin.

**Bathroom:** Make your bathroom swankier by displaying everyday items in glass. Use Mason jars, sugar kegs or even old jam jars to hold your cotton swabs, cotton balls and toothbrush.

If your linen closet is overflowing, and perhaps a little musty, too, air out and display clean towels rolled up in a basket or recycled wooden crate. And if all else fails, it's

## Tip

### Don't throw that out!

During updating and remodeling, it's easy to absentmindedly trash anything that doesn't have an immediate purpose. You might want to hold off, though. Before you dump that empty

glass jar, consider giving it new life as a DIY snow globe or tiny terrarium.

The head of a rusty metal rake just needs a thorough cleaning before nailing it to the wall and using it as an Americana-style piece to hold keys, necklaces or dish towels.

shocking what a fresh shower curtain can do to shift the bathroom's style.

**Kitchen:** Even the best kitchens are sometimes lacking in countertop space. Free up some of that precious commodity by giving everything on the counter a new home. Start with a wall-hanging spice rack, which you can build, buy or upcycle from old shelves.

If you have a bulky, cylindrical container on your countertop that holds large utensils, transfer them to a wall-mounted flower pot.

**Bedroom:** Time to redo the core of this room:

the bed. New sheets and a mountain of matching pillows are great, but if you want to get your hands dirty, try creating your own headboard. It only takes a tiny bit of sewing to create a slipcover for your current headboard, and you can set the tone for the whole room.

If you're looking for something more rustic, see if you can dig up weathered wood. Paint and sand an old door or shutters to match the room's theme and mount it behind the bed frame.

JULIA  
WEST  
letters@metro.us

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## Horoscope

**Taurus | April 21 - May 21.**  
It behooves you to get in touch with someone you recently met whom you'd like to know better.

**Gemini | May 22 - June 20.** People will likely be responsive to your needs. Politely express yourself if you find that you need assistance of any kind.

**Cancer | June 21 - July 22.** Try to pal around with a friend whose ideas are compatible with yours. Conditions are excellent for both of you to gain something.

**Leo | July 23 - Aug. 22.** Even though you'll have little or no control over certain events, things should work out to your advantage.

**Virgo | Aug. 23 - Sept. 22.** Don't be afraid to take a reasonable risk if conditions warrant it. Your judgment will be good.

**Libra | Sept. 23 - Oct. 22.** Any project that requires imagination and creativity should be your cup of tea. Should you find yourself teamed up, the world will be your oyster.

**Scorpio | Oct. 23 - Nov. 21.** A recent relationship is likely to take on much greater dimensions. Each party will begin to see the other in greater depth.

**Sagittarius | Nov. 22 - Dec. 21.** Conditions that have a strong bearing upon your material well-being could be eccentric but positive.

**Capricorn | Dec. 22 - Jan. 20.** You should watch out for a rare opportunity to say exactly the right thing to the right person at the right time.

**Aquarius | Jan. 21 - Feb. 18.** A financial development that has been looking to be disappointing could take a turn for the better.

**Pisces | Feb. 19 - March 20.** Yield to your restless urges, especially if they are directing you to get in touch with people you've been neglecting.

**Aries | March 21 - April 20.** When it comes to financial or commercial dealings, your instincts should be good. Don't second-guess yourself.  
**BERNICE BEDE OSOL**

## Sudoku: Easy and hard

			6				2	3
		3				6		
4				3		5	9	1
	1		4				7	
6			2	5	1			8
	9				6		1	
1	7	4		9				2
		9			3			
2	3				4			

				2	1	5	6	8
2					7		9	4
	6			5				2
					4	1		
	2						3	
		4	5					
1				4			7	
8	4		6					1
7	3	2	1	9				

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Letters

## Sugar does not make a healthy snack

**Re: "Your popcorn craving just got more fun" (Metro, April 23)**  
I hate to be the Grinch, but I was disappointed to read this article. Home-made popped popcorn (not from the bag) has always been a relatively healthy snack, especially when compared to the greasy Cheetos and creamy whoopie pies that it has to compete against. Which is why it unnerved me to see a recipe for popcorn containing sugar, corn syrup, butter and vanilla. And worse, the article advertised the recipe by saying it was "more fun." Why is it more fun? Because we are making popcorn

into greasy butter balls? And furthermore, this recipe is advertised for KIDS. I believe these popcorn balls taste good, I really do. But shouldn't we move forward, not backwards, and go against the grain by trying to come up with recipes that are healthier. Like, for example, how about some popcorn with a pinch of salt and some nutritional yeast sprinkled on top? I think it is the newspaper's AND the state's responsibility to promote healthier eating, especially toward our younger generation, when we see how many people suffer from problems including but not limited to obesity and heart disease.

SARA KAYEUM, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## New!

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!



## Crossword

## Across

- 1 Agile
- 6 "The Banana Boat Song" (hyph.)
- 10 Bay Area valley
- 14 Edible bulb
- 15 Mountain pass info
- 16 Tied
- 17 Explained further
- 18 Advantage
- 19 Dull routine
- 20 Tijuana aunt
- 21 Soyuz experience (2 wds.)
- 24 Treats as holy
- 26 Wild T-shirt (hyph.)
- 27 Chemical suffix
- 28 Thin nails
- 30 Construction rig
- 33 Tremble with fear
- 34 KOA sights
- 37 Cash, in Pretoria
- 38 Wind about
- 39 Aim
- 40 Hankering
- 41 Bete --
- 42 Not shady
- 43 Bumper mishaps
- 44 "Yo!"
- 45 Most arid
- 48 Near the shore
- 52 Hunts down (3 wds.)
- 55 See -- glance
- 56 Low voice

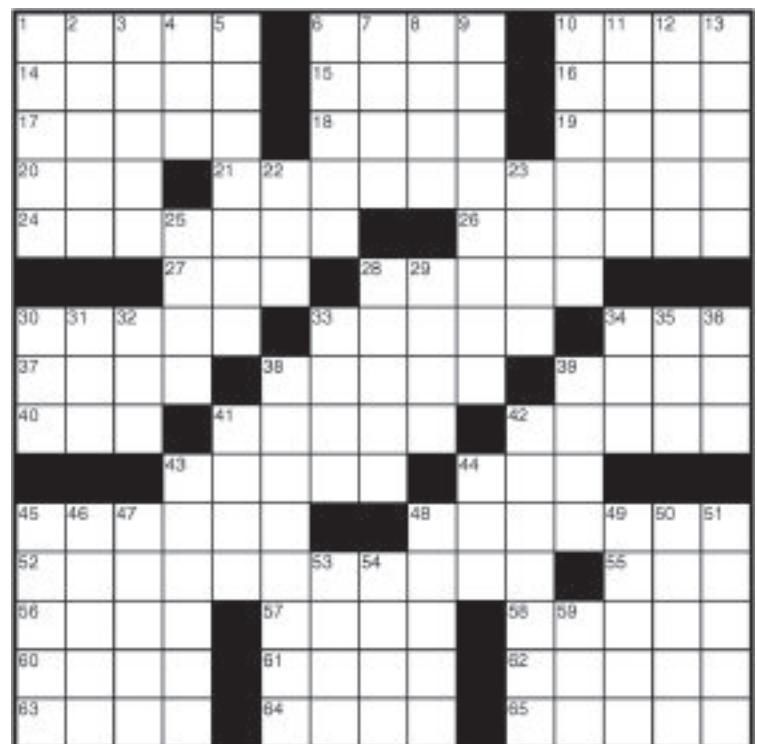
- 57 Come unglued
- 58 Colorado resort
- 60 Convene
- 61 Align properly
- 62 -- havoc
- 63 Alice's chronicler
- 64 Wallop
- 65 Cosmic principle

## Down

- 1 Reluctant
- 2 Rajah's realm
- 3 Kind of wave
- 4 Garden tool
- 5 Gridiron part (2 wds.)
- 6 Caribou and elk
- 7 Designer -- Gucci
- 8 Safecracker
- 9 Catch up
- 10 The jitters
- 11 Stay away from
- 12 Small-minded
- 13 In the blink of --
- 22 Wool supplier
- 23 Staff member
- 25 Extend credit
- 28 Scottish accents
- 29 5-star review
- 30 Exclaim
- 31 -- Dawn Chong
- 32 "That Girl" girl
- 33 Go cold turkey

- 34 Prez after Jimmy
- 35 Delivery truck
- 36 Stallone nickname
- 38 Twists out of shape
- 39 Fellows
- 41 Twig shelter
- 42 Seattle footballer
- 43 Explorer Hernando --
- 44 Very popular
- 45 Acting class
- 46 Pencil-box item
- 47 PC chip maker
- 48 Inch along
- 49 Candle
- 50 First-stringers (hyph.)
- 51 Sri --
- 53 Tarzan's title
- 54 Water, to Pedro
- 59 Tijuana "Mrs."

## Yesterday's answer





## That was fast

Carlesimo:  
D-Will ready  
for Game 3

Deron Williams has participated in 630 regular season and postseason games since entering the NBA. Like any other player, he has experienced poor shooting nights. But none as poor in a big spot as Game 2.

Williams was 1-for-9 from the field while going against a variety of defenders.

"He'll bounce back because he's an excellent player," Carlesimo said on a conference call yesterday. "He's been on a great run. They did a good job of getting people to him an awful lot of the time, and when he penetrated, they did a good job contesting his shots." **LARRY FLEISHER**



Williams / GETTY IMAGES

## That was fast

Ex-St. John's  
coach fired  
by Charlotte

The NBA coaching business can be cruel. Bobcats head coach Mike Dunlap discovered that the hard way yesterday.

Dunlap, a former assistant coach under Steve Lavin at St. John's, was fired by Charlotte after just one season. The team finished 21-61, but they won just seven games in 2011-12. **METRO**



Carmelo Anthony had 13 points in the third quarter as the Knicks turned a six-point deficit into a 15-point lead. / AL BELLO, GETTY IMAGES

# Knicks pull away from C's in second

## NBA playoffs.

New York takes a 2-0 lead in the series behind a big effort from Carmelo Anthony.

The old axiom about the NBA playoffs is that a series doesn't truly begin until a team loses on its home floor. For one half, it looked like the Celtics officially kicked off this series.

But the luck of the leprechaun didn't follow them back onto the floor for the second half, as the Knicks dismantled their rival, 87-71, in Game 2 of the open-

ing round of the Eastern Conference playoffs.

The Celtics initially used a stifling defense and a balanced offense to keep the Knicks off-balance, as Paul Pierce led the way for Boston by scoring 10 of his 18 points in the first half. Pierce, along with guys like Jeff Green and Brandon Bass, made life miserable for Carmelo Anthony at first, as the league's scoring champ shot a horrid 3-of-11 in the first half for 15 points. But Anthony acquitted himself nicely in the second half, specifically the third quarter, when he scored 13 of his game-high 34 points.

Anthony was joined by J.R. Smith, who added

19 points on an efficient 7-of-15 shooting to help the Knicks hold serve by winning their first two games at home. Raymond Felton added 16 points to provide a great third option for a Knicks team that has been searching for a sure-fire one all season.

Game 3 will be Friday night in Boston, but if the Celtics continue their lackluster scoring and the Knicks continue to flip that switch and eviscerate the Celtics' defense, there might not be any need to come back to the Garden for a Game 5.

**TONY WILLIAMS**  
sports@metro.us

## What's next?

The Knicks are up 2-0 in the series, but now both teams travel to Boston, where they will be greeted by an emotional atmosphere.

- Game 3: Knicks at Celtics — April 26, 8 p.m. (ESPN/MSG)
- Game 4: Knicks at Celtics — April 28, 1 p.m. (ABC)
- Game 5: Celtics at Knicks — May 1, TBD
- Game 5: Knicks at Celtics — May 3, TBD
- Game 5: Celtics at Knicks — May 5, TBD

3

SPORTS



## Hey now

Heyward  
goes on  
DL

Braves outfielder Jason Heyward was placed on the 15-day DL yesterday after undergoing an appendectomy late Monday. The 23-year-old began experiencing stomach pains in Pittsburgh, but as it became more serious, he went to a team trainer, who diagnosed the problem. He had his appendix removed upon arriving in Denver. Heyward will venture back to Atlanta, and there is no timetable for a return.

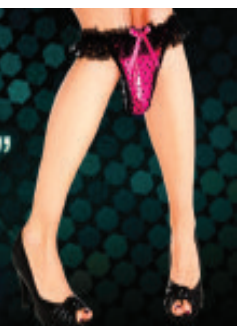
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metro

### King George

## George wins MIP award

The NBA continued doling out its season-end awards, honoring Indiana's Paul George with the Most Improved Player Award.

But apparently that wasn't a big enough jump forward.

"I think I can play at an MVP level," George said yesterday. "I think that's very much within reach."

The 22-year-old has improved his numbers each of his three years in the league. He experienced the biggest breakout this year, though, jumping from 12.1 points per game last season to 17.4 points per game in 2012-13. **METRO**

# Jordan trying to restore 'pride' to Scarlet Knights

**NCAA.** Rutgers alum Eddie Jordan was greeted as their new head coach yesterday.

Rutgers introduced former NBA head coach Eddie Jordan as the new man in charge yesterday. He faces a rebuilding task not only on the court, but off it as well in the wake of former head coach Mike Rice's firing for berating players.

"We have to regain our pride and our dignity and our integrity for our university," Jordan told the media at yesterday's introductory press conference. "I'm honored and proud to be part of that."

It won't be easy. Two players, Jerome Seagears and Mike Poole, have al-



Jordan made four playoff appearances with the Wizards.  
NBAE, GETTY IMAGES

ready been granted permission to transfer. Recruits Shane Rector and Chris Griffin have decommitted from the school as a result of Rice's firing. "There's some healing that has to be done,"

Jordan said. "But we have enough talent to exceed expectations."

Jordan definitely has the support of the fans. He played with Rutgers from 1973-77 and led them to the school's only Final Four appearance in 1976.

The good news is Jordan brings NBA experience to a school making the sizable leap from the Big East to the Big Ten. Jordan was most recently an assistant with the Lakers, but spent time as a head coach in Sacramento, Washington and Philadelphia. At a time when recruits look at college largely as a step to the NBA, his professional experience could be a major asset.



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## NFL. 'Thrones' author trashes Jets after team trades Revis to Tampa

You don't want to make the Mother of Dragons mad — or, likely, the man whose mind Daenerys Targaryen sprung from.

George R.R. Martin, author of the "A Song of Ice and Fire" series that spawned the HBO hit "Game of Thrones," burned the Jets for trading Darrelle Revis to the Buccaneers on Sunday. Martin is a native of

Bayonne, N.J., and grew up a Jets fan. He regularly writes about the team on his personal website.

"It is hard to be a fan of the New York Jets," Martin wrote. "Today the Jets traded Darrelle Revis, the best cornerback in the NFL and far and away the best player on the team. It is never a good idea to trade the best player on your team." **MARK OSBORNE**

### Niese hurting

## Niese leaves with injury

The Mets' No. 1 starter, Jon Niese, left last night's game with an ankle injury.

Niese was hit in the right ankle by a line drive off Mark Ellis' bat in the third inning. **METRO**



Niese left the field under his own power. / GETTY IMAGES

# Brown back, Cruz deal 'will get done' in time



Victor Cruz has no choice but to come back to the Giants this season. AL BELLO, GETTY IMAGES

## NFL. The Giants owner preaches patience in return of Victor Cruz.

One Giants offensive piece signed his restricted free agent tender yesterday, but it wasn't the star everyone is waiting for.

Running back Andre Brown signed his RFA deal for one year and \$2.02 million to rejoin the Giants. Brown was at the team's OTAs last week and was expected to return. The deadline

for other teams to sign restricted free agents was last Friday.

Of course the restricted free agent who has yet to sign his deal is Pro Bowler Victor Cruz. Cruz was placed with a first-round tender — meaning a team would have to surrender their top pick to sign him — and went without any offers. He has to return to the Giants, unless they pull off a sign-and-trade.

"It will get done at some point," Giants owner John Mara said of the Cruz deal at a Big Brothers Big Sisters charity event Monday.

### Quoted

**"It will get done at some point. Just be patient."**

John Mara, Giants owner, on when Victor Cruz will re-sign with the team

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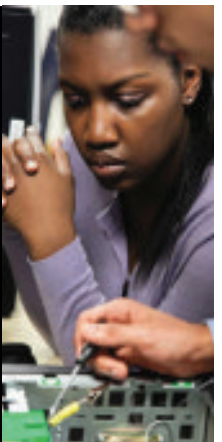
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